

Class Schedule

A class for every **AGE. BODY. GOAL. INTEREST. FITNESS LEVEL.**



24/7 Fitness Club
Our Community
Our Club

January 2025

MON	TUE	WED	THU	FRI	SAT
		1 7:30 p.m. - Yoga	2 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	3	4
6 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	7 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	8 6:30 p.m. - Pound 7:30 p.m. - Yoga	9 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	10	11 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
13 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	14 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	15 6:30 p.m. - Pound 7:30 p.m. - Yoga	16 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	17	18
20 6:30 p.m. - Yoga 7:30 p.m. - Pound	21 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	22 6:30 p.m. - Pound 7:30 p.m. - Yoga	23 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	24	25 9:15 a.m. - Pound 10:00 a.m. - Body Sculpt
27 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	28 11:00 a.m. - Silver Sneakers 6:30 p.m. - Spin	29 6:30 p.m. - Pound 7:30 p.m. - Yoga	30 11:00 a.m. - Silver Sneakers 6:30 p.m. - Boot Camp 7:30 p.m. - Barre	31	

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT: 24sevenfitnessclub.com